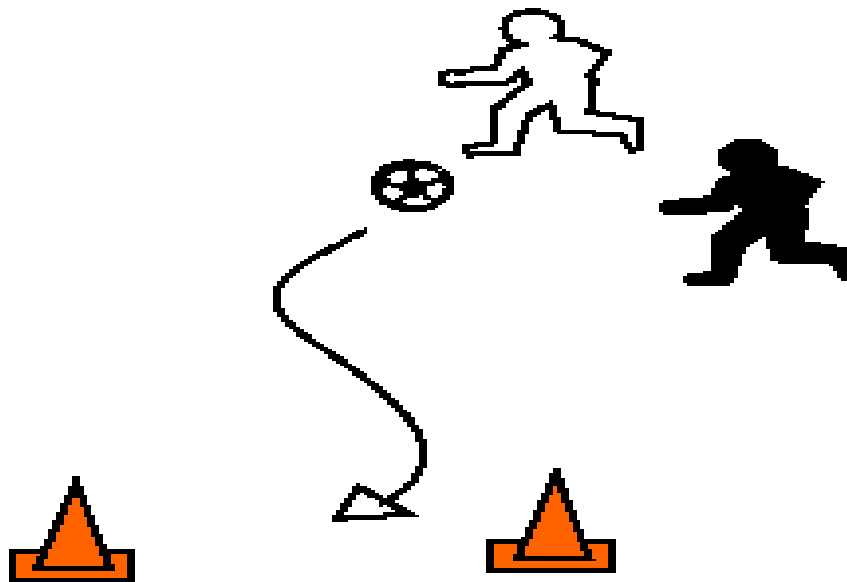


# One vs. One Battles



## Introduction

Each of the kids on your team will face a one-on-one choice in their lives — to use tobacco or not. If your kids know how to be in control, how to put themselves in the best position to achieve (score) their goals, they will have the best chance to succeed in making the tougher decisions that they will encounter in life.

## The Game

1. Play one vs. one, trying to score through a two-sided goal.
2. There is no out-of-bounds.
3. The player in possession of the ball is the attacker, the other player is the defender.
4. Play games of one minute in duration.

## Coaching Points

1. Individual defending: steer attacker away from the goal, tackle when the ball is exposed, get goal side when possession is lost.
2. Individual attacking: try to face the defender whenever possible, use change of speed or direction, shield when trying to maintain possession.
3. Dribbling.

*Activity adapted from Centers for Disease Control & Prevention's Smoke Free Soccer Coach's Manual. For more information on Tobacco Free Sports please contact the Kansas Department of Health & Environment's Tobacco Use Prevention Program at [tobacco@kdhe.state.ks.us](mailto:tobacco@kdhe.state.ks.us) or 877.602.0368.*